

UPCOMING TRIP

Biltmore Estate & Asheville, NC Trip

April 27-30, 2020

[Itinerary available soon](#)

PO Box 8629
Warner Robins, GA 31095
152 Maple Street
Warner Robins, GA 31093
Phone: 478-293-1066
Email: lmjones@wrga.gov

The Senior Activity Center is Non-Profit and is sponsored by the Warner Robins Parks and Recreation Department. All of our Programs and Activities are open to the public for anyone 50 years and up. There is no membership requirement.

Warner Robins Social Club: Meets 2nd & 4th Tuesday of the month,
9:30am-11:15am @ The Wellston Center, 155 Maple St.
President: Rosa Doggett—478-918-6590

Ted Wright Social Club: Meets 2nd & 4th Thursday of the month,
9:00am-11:00am @ Ted Wright Park, 2841 Moody Road.
President: Bettye Marshall—478-733-8984

LMNO (Ladies & Men's Night Out): Friday, March 20, 2020 @ 5pm-8pm. The cost is \$3. Please bring a covered dish. Final day to sign up and pay is Wednesday, March 18, 2020.

Zumba



Bingo



MARCH

WRSC February Birthdays



TWSC February Birthdays



Senior Prom



Classes Provided

AEROBICS

Monday, Wednesday and Friday 9:00am–10:00am. This is a low impact aerobics class for seniors. Please call 293-1066 if you have any questions.



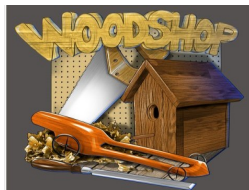
PRIME PAINTERS

Thursday from 1:30–4:00pm. Bring your own supplies.



WOOD WORKING

Monday, Tuesday, Wednesday & Friday- Open 8:30am–11:30am.



AARP DRIVER SAFETY COURSE

9:00am-4:00pm in the Senior Center. Please contact Don Tate to reserve a seat. 396-9705 Or dedtate2@gmail.com



CERAMICS

Tuesday and Friday from 10:30am till 4:00pm. Brushes and cleaning tools are available for purchase. Please call 293-1066 if you have any questions.



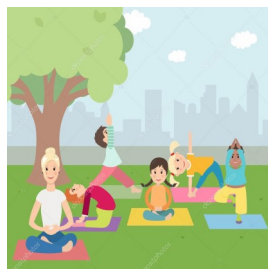
QUILTING

Wednesday at 10:00am–2:00pm. Bring your own scissors and thimble. Hand quilting done for the public. Quilts sold at the Senior Activity Center.



YOGA

Tuesday & Thursday 2pm-3pm. Cost \$5.00 per class. Gentle stretching, balance & breathing exercises to help with daily activities & lower blood pressure. Designed to improve posture and mood.



IKEBANA

Japanese Flower arranging, Monday from 2:00-4:00pm. For additional information contact Maria Muniz 922-1847 or Dee Boren 987-0493.



LINE DANCING

Beginners meet Wednesday from 1:00–2:00pm, cost is \$2.00. Advanced class meets Wednesdays from 2:30–4:00pm, cost is \$3.00. Please contact Julia Juarez 918-5635 for additional information.



SELF DEFENSE

Thursday 10:00am–11:00am. For additional information please contact Art O'Reilly at 786-423-5303.



ALL ABOUT YARN

Thursday from 10:00am–12:00pm. Bring your own yarn, needles and/or hooks, we've added crochet and knitting back on the schedule!



WATER AEROBICS

Monday, Tuesday, Thursday and Friday 9:00am–10:00am @ Fountain Park. Cost is \$25.00 per month. For additional information please contact Miranda Nelson 929-7254.



Location by Color

(Calendar on next page)

- SC - [Senior Activity Center](#) - 152 Maple Street
- TW - [Ted Wright Park](#) - 2841 Moody Road
- FP - [Fountain Park](#) - 614 Kimberly Road
- WC - [Wellston Center](#) - 155 Maple Street
- BT - [Bus Trips](#)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9AM Aerobics 8:30AM Woodworking 2PM Ikebana	3 9AM Woodworking 10:30-4PM Ceramics 2PM Yoga	4 9AM Aerobics 9AM Woodworking 10AM Quilting 10AM NARFE BD 1PM Line DancinG 2PM Walking Group	5 10AM All About Yarn 10AM Self Defense 1:30PM Prime Painters 2PM Yoga	6 9AM Aerobics 9AM Woodworking 10:30-4 PM Ceramics	7 9AM Zumba
8	9 9AM Aerobics 8:30AM Woodworking 2PM Ikebana	10 9AM Woodworking 9:30AM WRSC 10:30-4PM Ceramics 2PM Yoga	11 9AM Aerobics 9AM Woodworking 10AM Quilting 10AM NARFE 1PM Line Dancing 2PM Walking Group	12 10AM All About Yarn 10AM Self Defense 1:30PM Prime Painters 2PM Yoga	13 9AM Bingo @ Chick-fil-A 9AM Aerobics 9AM Woodworking 10:30AM-4PM Ceramics	14 9AM Zumba
15	16 9AM Aerobics 8:30AM Woodworking 2PM Ikebana	17 9AM Woodworking 10:30-4PM Ceramics 2PM Yoga	18 9AM Aerobics 9AM Woodworking 10AM Quilting 1PM Line Dancing 2PM Walking Group	19 10AM All About Yarn 10AM Self Defense 1:30PM Prime Painters 2PM Yoga	20 9AM Aerobics 9AM Woodworking 10:30-4 PM Ceramics LMNO 5PM-8PM	21
22	23 9AM Aerobics 8:30AM Woodworking 2PM Ikebana	24 9AM Woodworking 9:30AM WRSC 10:30-4PM Ceramics 2PM Yoga	25 9AM Aerobics 9AM Woodworking 10AM Quilting 1PM Line Dancing 2PM Walking Group	26 9AM TWSC 10AM All About Yarn 10AM Self Defense 1:30PM Prime Painters 2PM Yoga 5:30PM-8PM GAME NIGHT	27 9AM Aerobics 9AM Woodworking 10:30-4 PM Ceramics	28
29	30 9AM Aerobics 8:30AM Woodworking 2PM Ikebana	31 9AM Woodworking 10:30-4PM Ceramics 2PM Yoga				